

JULY 2006



FFSC CALENDAR OF WORKSHOPS

Naval Base San Diego ✪ Naval Base Coronado ✪ Naval Base Point Loma

Transition & Spouse Employment

For registration or more information on the following workshops, please call 619/545-6071.

Finding Federal Employment

July 10, Monday, 5:00 PM-7:00 PM, NBSD, Bldg. 263, Classroom 3
July 11, Tuesday, 9:00 AM-11:00 AM, NBSD, Bldg. 263, Classroom 3
July 18, Tuesday, 9:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1
July 27, Thursday, 9:00 AM-11:00 AM, NBC, Bldg. 318, Conference Room

Introduction to Owning Your Own Business

July 17, Monday, 5:00 PM-7:00 PM, NBSD, Bldg. 263, Classroom 3
July 18, Tuesday, 9:00 AM-11:00 AM, NBSD, Bldg. 263, Classroom 3
July 27, Thursday, 5:00 PM-7:00 PM, NBC, Bldg. 318, Conference Room

Résumé Writing

July 3, Monday, 9:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1
July 13, Thursday, 9:00 AM-11:00 AM, NBC, Bldg. 318, Conference Room
July 24, Monday, 5:00 PM-7:00 PM, NBSD, Bldg. 263, Classroom 3
July 25, Tuesday, 9:00 AM-11:00 AM, NBSD, Bldg. 263, Classroom 3



Winning Interview Techniques

July 3, Monday, 9:00 AM-11:00 AM, NBSD, Bldg. 263, Classroom 3
July 11, Tuesday, 9:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1
July 20, Thursday, 9:00 AM-11:00 AM, NBC, Bldg. 318, Conference Room
July 31, Monday, 5:00 PM-7:00 PM, NBSD, Bldg. 263, Classroom 3

Did you know FFSC offers:

- Information and Referral
- Ombudsman Support
- Exceptional Family Member Program
- General Life Skills Education
- Clinical Counseling
- Family Advocacy Program
- Deployment Services
- Relocation Assistance
- Transition Assistance
- Spouse Employment Assistance
- Personal Financial Management
- Sexual Assault Victim Intervention



For a full description of FFSC workshops and to register for classes, visit us at www.cnrsw.navy.mil/fsc

All active duty, reservists, retirees, DoD personnel, and their family members are invited to attend these programs and use The Fleet & Family Support Center services.

Naval Base Coronado (NBC)
619/545-6071 • Bldg. 318
Mon-Fri, 7:30 am - 4:30 pm

Naval Base San Diego (NBSD)
619/556-7404 • Bldg. 259 & 263
Monday 7:30 am - 7:00 pm
Tue-Fri, 7:30 am - 4:30 pm

Naval Base Point Loma (NBPL)
619/553-8306 • Bldg. 211 & 212
Mon-Fri, 7:30 am - 4:30 pm

~We will be closed, Tuesday, July 4th, in observance of Independence Day.~

Financial

For registration or more information on the following workshops, please call 619/545-6071.

Car Buying Strategies

July 5, Wednesday, 2:00 PM-3:30 PM, NBPL, Bldg. 211, Classroom 1

Command Financial Specialist Training (CFS)

July 17-21, Monday-Friday, 8:00 AM-4:00 PM, NBSD, Bldg. 259, Classroom 1

Credit Management

July 25, Tuesday, 3:00 PM-4:00 PM, Bldg. 263, Classroom 3

Developing Your Spending Plan

July 12, Wednesday, 9:00 AM-10:00 AM, NBSD, Career Information Center, Pier 6, Bldg. 3416
July 25, Tuesday, 1:30 PM-2:30 PM, NBSD, Bldg. 263, Classroom 3

Home Buying

July 6, Thursday, 1:00 PM-4:00 PM, NBC, Bldg. 318, Conference Room

REDUX and the \$30,000 Bonus

July 11, Tuesday, 2:00 PM-3:00 PM, NBSD, Bldg. 263, Classroom 3

Savings and Investments

July 13, Thursday, 2:00 PM-3:00 PM, NBC, Bldg. 318, Conference Room

The Art of Successful Investing

July 11, Tuesday, 12:00 PM-1:30 PM, NBSD, Bldg. 263, Classroom 3

Thrift Savings Plan (TSP)

July 26, Wednesday, 2:00 PM-3:30 PM, NBPL, Bldg. 211, Classroom 2



Protecting Yourself Against Identity Theft

**July 12, Wednesday, 9:00 AM-10:00 AM,
NBSD, CB Village, Bldg. 3535**

**July 27, Thursday, 3:00 PM-4:00 PM,
NBC, Bldg. 318, Conference Room**

Parenting, Family, Counseling

For registration or more information on the following workshops, please call 619/553-4744, *unless otherwise noted*, or log on to our website at www.cnrsw.navy.mil/fsc

Adults Molested as Children (AMAC Group for Women)

Group therapy is available in 8-week psycho-educational groups. Call the Counseling Dept. at 619/545-6071 for more details. Mondays, 2:00 PM-4:00 PM, NBC, Bldg. 318

Boot Camp For New Dads

To register, call 619/532-6846.

Couples Conflict Resolution (How To Fight Fair In Love And Marriage)

July 10, Monday, 5:00 PM-7:00 PM, NBSD, Bldg. 263, Classroom 6
July 19, Wednesday, 5:00 PM-7:00 PM, NBSD, Bldg. 259, Classroom 2

Deployed Spouse Support Group

Call 619/556-7404 or 619/545-6071

Effective Parenting Class

July 5, 10, 12, 17, 19, 24, 26, 31, Mondays & Wednesdays, 5:00 PM-8:00 PM, NBSD, Bldg. 259, Classroom 1

Engaged and Married Couples Workshop (PREP)

July 18, Tuesday, 8:00 AM-4:00 PM, NBC, Bldg. 318, Learning Center

Individuals, Couples, & Family Counseling

Mondays, 7:30 AM-7:00 PM, NBSD
Tuesday-Friday, 7:30 AM-4:30 PM, NBSD
Monday-Friday, 7:30 AM-4:30 PM, NBC or NBPL
Fridays, 8:00 AM-5:00 PM, Murphy Canyon Chapel Annex (*by appt. Only*)



Navy New Parent Support Program's In-Home Parenting Classes

Parenting support available in your home! To schedule an appointment or for more information, call 619/556-8812.

Responsible Anger Management

To register, call 619/553-4744
July 6-7, Thursday-Friday, 9:00 AM-2:00 PM, NBPL, Bldg. 140, Classroom 120
July 27-28, Thursday-Friday, 9:00 AM-2:00 PM, NBPL, Bldg. 140, Classroom 120

Preventing Domestic Abuse

July 24, Monday, 5:00 PM-7:00 PM, NBSD, Bldg. 263, Classroom 6

Personal Improvement

For registration or more information on the following workshops, please call 619/556-7414 or email FFSCMobility@navy.mil.

Decision-Making and Resource Management

July 11, Tuesday, 10:00 AM-11:00 AM, NBSD, Career Information Center, Pier 6, Bldg. 3416
July 12, Wednesday, 10:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1
July 18, Tuesday, 10:00 AM-11:00 AM, NBSD, CB Village, Bldg. 3535
July 26, Wednesday, 10:00 AM-11:00 AM, NBC, Bldg. 318, Conference Room

Goal Setting

July 11, Tuesday, 2:00 PM-3:00 PM, NBSD, Career Information Center, Pier 6, Bldg. 3416
July 12, Wednesday, 2:00 PM-3:00 PM, NBPL, Bldg. 211, Classroom 1
July 18, Tuesday, 2:00 PM-3:00 PM, NBSD, CB Village, Bldg. 3535
July 26, Wednesday, 2:00 PM-3:00 PM, NBC, Bldg. 318, Conference Room

Improving Time Management

July 11, Tuesday, 1:00 PM-2:00 PM, NBSD, Career Information Center, Pier 6, Bldg. 3416
July 12, Wednesday, 1:00 PM-2:00 PM, NBPL, Bldg. 211, Classroom 1
July 18, Tuesday, 1:00 PM-2:00 PM, NBSD, CB Village, Bldg. 3535
July 26, Wednesday, 1:00 PM-2:00 PM, NBC, Bldg. 318, Conference Room

Team Building

July 11, Tuesday, 9:00 AM-10:00 AM, NBSD, Career Information Center, Pier 6, Bldg. 3416
July 12, Wednesday, 9:00 AM-10:00 AM, NBPL, Bldg. 211, Classroom 1
July 18, Tuesday, 9:00 AM-10:00 AM, NBSD, CB Village, Bldg. 3535
July 26, Wednesday, 9:00 AM-10:00 AM, NBC, Bldg. 318, Conference Room

Life Skills

For registration or more information on the following workshops, please call 619/553-4744 or log on to our website at www.cnrsw.navy.mil/fsc

Building Effective Anger Management Skills

July 11, Tuesday, 9:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1
July 12, Wednesday, 5:00 PM-7:00 PM, NBSD, Bldg. 263, Classroom 6
July 19, Wednesday, 2:00 PM-4:00 PM, Naval Medical Center, Bldg. 26, 1st Fl.
July 26, Wednesday, 5:00 PM-7:00 PM, NBSD, Bldg. 259, Classroom 2



Dealing with Stress

July 5, Wednesday, 2:00 PM-4:00 PM, Naval Medical Center, Bldg. 26, 1st Fl.
July 12, Wednesday, 5:00 PM-7:00 PM, NBSD, Bldg. 263, Classroom 3
July 19, Wednesday, 5:00 PM-7:00 PM, NBSD, Bldg. 263, Classroom 6
July 25, Tuesday, 1:00 PM-3:00 PM, NBPL, Bldg. 211, Classroom 1

Couples Communication

July 17, Monday, 5:00 PM-7:00 PM, NBSD, Bldg. 263, Classroom 6
July 26, Wednesday, 1:00 PM-3:00 PM, NBPL, Bldg. 211, Classroom 1

Building Self-esteem and Assertiveness

July 14, Friday, 9:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1

Conflict Resolution

July 5, Wednesday, 5:00 PM-7:00 PM, NBSD, Bldg. 259, Classroom 2
July 13, Thursday, 9:00 AM-11:00 AM, NBSD, CB Village, Bldg. 3535

Relocation, Info & Referral

For registration or more information on the following workshops, please call 619/556-7414 or email FFSCMobility@navy.mil.

Active Duty Pregnancy Resources

July 19, Wednesday, 12:00 PM-4:00 PM, NBPL, Bldg. 211, Classroom 1
July 24, Monday, 4:30 PM-7:00 PM, NBSD, Bldg. 263, Classroom 6

EFM Command Point of Contact (POC) Training

July 11, Tuesday, 2:00 PM-3:00 PM, NBPL, Bldg. 211, Classroom 1
July 12, Wednesday, 10:00 AM-11:00 AM, NBSD, CB Village, Bldg. 3535

Exceptional Family Member Program (EFMP) Orientation

July 11, Tuesday, 1:00 PM-2:00 PM, NBC, Bldg. 318, Conference Room
July 26, Wednesday, 10:00 AM-11:00 AM, NBSD, Bldg. 263, Classroom 3

Developing Your Family Care Plan

July 10, Monday, 5:30 PM-6:30 PM, NBSD, Bldg. 263, Classroom 4
July 27, Thursday, 10:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1

International Spouse Orientation

July 19, Wednesday, 1:00 PM-2:30 PM, NBSD, Bldg. 263, Classroom 3

Military Spouse 101

July 25, Tuesday, 9:00 AM-10:30 AM, NBPL, Bldg. 211, Classroom 1

Preparing for an Overseas Tour

July 13, Thursday, 10:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1
July 31, Monday, 5:30 PM-6:30 PM, NBSD, Bldg. 259, Classroom 2

Smooth Move

July 6, Thursday, 10:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1
July 17, Monday, 5:30 PM-6:30 PM, NBSD, Bldg. 259, Classroom 2

Sponsor Coordinator Training

July 18, Tuesday, 2:00 PM-3:00 PM, NBPL, Bldg. 211, Classroom 1

Sponsor Training

July 18, Tuesday, 2:00 PM-3:00 PM, NBSD, Career Information Center, Pier 6, Bldg. 3416
July 20, Thursday, 1:00 PM-2:00 PM, NBC, Bldg. 318, Conference Room

Welcome to San Diego & Free Tour!

July 5, Wednesday, 9:00 AM-3:30 PM, NBSD, Bldg. 259, Classroom 1

